

Physical inactivity is a fast-growing public health problem and contributes to a variety of chronic diseases and health complications, including obesity, diabetes, hypertension, cancer, depression and anxiety, arthritis, and osteoporosis. The Exercise is Medicine program seeks to reverse that trend. In addition to improving a patient's overall health, increasing physical activity has been shown to be effective in the treatment and prevention of chronic diseases. Beyond the benefits to individual health and quality of life, increased levels of physical activity are associated with lower health care costs, reduced environmental impact and other co-benefits.

Exercise is Medicine is an initiative focused on encouraging primary care physicians and other health care providers to include exercise when designing treatment plans for patients. Exercise is Medicine is committed to the belief that exercise and physical activity are integral to the prevention and treatment of chronic disease and should be regularly assessed as part of medical care. The U.S. Federal Physical Guidelines and many studies show that 150 minutes per week of moderate-intensity physical activity is required to achieve these health benefits.

During May, communities throughout the U.S. will hold activities that recognize physical activity and exercise—shown to help prevent and treat more than 40 chronic diseases—should be part of everyone's health care plan. Since 2010, Exercise is Medicine Month has been proclaimed by mayors, governors, Congress and the President. Individuals and organizations of all kinds, from youth groups to universities, churches, fitness centers, corporations and hospitals, hold events aimed at keeping people active and healthy.

I urge all Americans to recognize Exercise is Medicine month this May to build, support and advocate for physical activity as essential for global health and wellbeing by committing to action.

#### REMEMBERING ONE YEAR ANNIVERSARY OF THE SARTELL VERSO MILL FIRE

**HON. MICHELE BACHMANN**

OF MINNESOTA

IN THE HOUSE OF REPRESENTATIVES

*Thursday, May 23, 2013*

Mrs. BACHMANN. Mr. Speaker, I rise today in memory of the upcoming one-year anniversary of the tragic Memorial Day explosion and fire at the Verso Paper Mill in Sartell, Minnesota. Jon Maus, a father of four from Albany, Minnesota was tragically killed during the accident. This mill has been a fixture in the community for nearly a century, and its destruction and ultimate closure were devastating for hundreds of employees and their families.

One year later, the community is still working to recover from this setback. While many of the former workers have found jobs elsewhere or have gone back to school, quite a few are still searching for full-time employment. Our heart breaks for their struggle. But remember that when times are tough, Minnesotans band together. It is because of the love, support and friendship within the Sartell community that I know that they will overcome this tragedy.

The Maus Family and all those affected by the explosion and fire remain in my prayers. My staff and I will continue to work with local leaders and community members to make sure that they receive the support they need to get back to work.

#### NORTH KANSAS CITY SCHOOLS CENTENNIAL

**HON. SAM GRAVES**

OF MISSOURI

IN THE HOUSE OF REPRESENTATIVES

*Thursday, May 23, 2013*

Mr. GRAVES of Missouri. Mr. Speaker, please join me in congratulating North Kansas City Schools for celebrating 100 years of providing exceptional education to our youth.

The North Kansas City School District 74 was founded on March 14, 1913. During the district's inaugural year, it employed a principal, an assistant, and taught 32 students in grades one through nine. By 1917, the school district was home to grades 1–12. As enrollment increased, the district voted to build a high school building that was dedicated on January 24, 1926.

After World War II, the district passed bond issues for long-range building programs. The enrollment swelled to 17,273 in 1963 due to the arrival of the baby boomers. Currently, the North Kansas City School District is home to 21 elementary schools, 5 middle schools, and 4 high schools. The newest of these is Staley High School, which was added in 2008.

North Kansas City Schools is a state and nationally accredited school district, and they are known for innovation and excellence. For example, they were the first local school district to provide laptops to their students and offer Apple technology-powered classrooms. They offer outstanding educational programs that no other area school district provides, including the International Baccalaureate Diploma.

Mr. Speaker, I ask that you join me in applauding North Kansas City Schools for celebrating their 100th anniversary of providing extraordinary educational experiences to students in Clay County, Missouri. North Kansas City Schools is a true community partner, and I wish them 100 more years of greatness to come.

#### RECOGNIZING THE NORTH SYRACUSE FIRE DEPARTMENT'S 100TH ANNIVERSARY

**HON. DANIEL B. MAFFEI**

OF NEW YORK

IN THE HOUSE OF REPRESENTATIVES

*Thursday, May 23, 2013*

Mr. MAFFEI. Mr. Speaker, I rise to extend my congratulations to the North Syracuse Fire Department on the occasion of its Centennial Celebration. I am honored to join the community in celebrating the Department on this historic occasion.

The North Syracuse Fire Department has changed significantly over the past 100 years. From having just two hand drawn chemical carts, to now operating with over a dozen fire and rescue vehicles, the North Syracuse Fire Department has been able to adapt to the

changing times. The North Syracuse Fire Department Operates out of two stations: Station 1, located at 109 Chestnut Street, and Station 2, located at 70 General Irwin Boulevard, both in North Syracuse, New York.

In 1913, a group of citizens living in the village of North Syracuse presented a petition to the Board of Supervisors of Onondaga County, asking that a fire district be established in North Syracuse. As a result, the North Syracuse Fire Department was founded and began its extraordinary service to the residents of North Syracuse. In 1950, the department moved to its new quarters in the old trolley station at the corner of South Bay Road and Church Street. In 1983, a new building was built on Chestnut Street. This was the first building in fire department history built solely for fire department use.

Despite the dramatic changes that have taken place over the past 100 years, a few things remain the same. The North Syracuse Fire Department continues its mission of Fire Prevention and Education, Fire Suppression, and the prevention of the loss of life. This mission continues that the department shall assist in any disaster, emergency, or occasion for which it is properly equipped. The Fire Department continues to be a central part of life for residents. Furthermore, for 100 years North Syracuse's finest have dedicated themselves to protecting their fellow citizens and making the community a safer place to live.

Mr. Speaker, we are grateful for the extraordinary service that the volunteers of the North Syracuse Fire Department have provided to residents of our community over the past century, and I ask this Honorable Body to join me in congratulating the members and supporters of the North Syracuse Fire Department and wishing them good luck in the next 100 years.

#### HONORING OFFICERS OF THE ST. PETERSBURG POLICE DEPARTMENT AND THE U.S. MARSHAL'S SERVICE FOR RECEIVING THE CONGRESSIONAL BADGE OF BRAVERY

**HON. C. W. BILL YOUNG**

OF FLORIDA

IN THE HOUSE OF REPRESENTATIVES

*Thursday, May 23, 2013*

Mr. YOUNG of Florida. Mr. Speaker, I rise today to honor Officer Jeffrey Yaslowitz, Sergeant Thomas Baitinger, Sergeant Karl Lounge, Officer Timothy McClintick, Officer Max McDonald, and Officer Douglas Weaver of the St. Petersburg Police Department and U.S. Deputy Marshal Scott Ley for being awarded the Congressional Badge of Bravery.

The Congressional Badge of Bravery was established to honor exceptional acts of bravery in the line of duty by federal, state, and local law enforcement officers. In award year 2012, only 16 Badges of Bravery were awarded.

On January 24, 2011, Officer Yaslowitz, Officer McClintick, and Marshal Ley attempted to apprehend a violent fugitive in St. Petersburg, Florida.

Officer Yaslowitz and Marshal Ley courageously engaged the suspect, who was hiding in an attic. While attempting to handcuff the suspect, Officer Yaslowitz was shot and killed. Marshal Ley was also shot and severely